

## Registration

- All registrations must be **accompanied by payment prior to event**
- All registrations must be confirmed by Region 6.1 office
- Confirmations will be sent via: Email

### *Includes*

- Syllabus
- CEU's
- Continental breakfast both days and lunch on Monday

### *Cancellations:*

- Substitutions for paid participants are encouraged.
- Refunds less \$10.00 fee will be given when a request is received in writing by September 06, 2011

### *Sweet Success Affiliation*

Completion of this training is one of the requirements for Sweet Success Affiliation. For the next steps on becoming a Sweet Success Affiliate please contact a CDAPP Regional Coordinator.

For more information please contact:

CDAPP - Region 6.1  
(562) 661-1158



# Sweet Success Diabetes and Pregnancy Training

September 26 & 27, 2011

Center for Health Education  
Long Beach Memorial and Miller  
Children's Hospital  
2801 Atlantic Avenue  
Long Beach, CA 90806



Presented by the  
Region 6.1

California Diabetes and  
Pregnancy Program  
(CDAPP)

## COURSE DESCRIPTION

This continuing education program presents up to date training for the assessment and management of pregnant women with diabetes. Participants will receive practical information on implementing a multidisciplinary approach in caring for these women in order to optimize perinatal outcome.

### OBJECTIVES

Upon completion of this two-day course, participants will be able to:

- Define "Sweet Success" provider and affiliate responsibility with the California Diabetes & Pregnancy Program (CDAPP).
- Demonstrate an understanding of the pathophysiology of pregnancy complicated by diabetes: Type 1, Type 2, and GDM.
- State the Sweet Success recommendations for screening, diagnosis, and follow up of gestational diabetes.
- Counsel women before, during, and after pregnancy about **reducing** long and short term **risks** of hyperglycemia during pregnancy to the mother, fetus, and off spring.
- State the Sweet Success blood glucose targets and self **monitoring** frequencies during pregnancy and lactation for women with diabetes
- Describe the principles of a **healthy eating** plan for women with diabetes during pregnancy.
- Explain how **staying active** contributes to maintaining blood glucose targets.
- Identify tools to assess **copng** with stress, readiness for change, level of motivation and signs of depression in women experiencing diabetes during pregnancy.
- Explain how to safely and accurately **use medications**: insulin and oral agents to achieve normoglycemia.
- Teach problem **solving** skills to empower women to make positive lifestyle changes.
- Describe the impact of cultural beliefs on diabetes self-care behaviors.

## Agenda

### Monday - September 26, 2011

- 7:30 Registration & Continental Breakfast
- 7:45 Welcome Address
- 8:00 Overview of CDAPP and Sweet Success
- 8:15 Pathophysiology and Medical Management of Diabetes in Pregnancy
- 9:30 Question and Answer Period
- 9:45 Break
- 10:00 Management of Insulin and Oral Agents
- 10:45 Hospital Care of the Infant
- 11:30 Question and Answer Period
- 11:45 LUNCH
- 12:30 Psychosocial Issues, Intervention and Resources
- 1:45 Break
- 2:00 Exercise in Pregnancy with Diabetes
- 3:30 Question and Answer Period
- 3:45 Evaluations/Adjourn



### Tuesday - September 27, 2011

- 7:30 Registration & Continental Breakfast
- 7:45 Review from Day 1
- 8:00 Nursing Education: Facilitating the Teaching/ Learning Process
- 9:30 Question and Answer Period
- 9:45 Break
- 10:00 Sweet Success Nutrition Guidelines
- 11:30 Breastfeeding and Postpartum Care
- 12:00 Case Study
- 12:15 Question and Answer Period
- 12:30 Evaluations/Adjourn

\*Lunch is not included on Tuesday \*

### ACCREDITATION

**Nurses:** This course is applying for 11 contact hours by the California Board of Registration Nursing, Provider #00512 Division of Nursing, Long Beach Memorial Medical Center.

**Dietitians:** Support material available for 11 RD CPE's.

**LCSWs and MFTs:** This course is applying for 11 contact hours by the California Board of Behavioral Sciences, Provider #PCE 1216 Social Work Department, LBMMC

**CDEs:** This course is applying for 11 contact hours for Certified Diabetes Educators.

Contact hours will not be given for partial course completion.



## REGISTRATION FORM

Please read Registration section carefully

Registration Prices			Check One
Affiliates	2 days	130.00	
Non-Affiliates	2 days	180.00	

Name

Position/Title

Institution

Address

( ) Phone

E-mail

Fax

Affiliate Program

Affiliate Number

☐ MD ☐ RN ☐ RD ☐ MSW ☐ MFT

☐ Other LICENSE# \_\_\_\_\_

(License number must be included on registration for credit)

Please make checks payable to:

**Perinatal Outreach Education**  
**Mail before September 2, 2011 to:**

Attention: Elena Diaz  
 Miller Children's Hospital  
 Perinatal Outreach Education Program  
 2801 Atlantic Avenue  
 Long Beach, CA 90806  
 (562) 661-1158